

Caregivers Promoting Healthy Habits: Implementing Wellness Policies in Child Care Centers in Georgia



What is the Caregivers Promoting Healthy Habits program?

Bright from the Start: Georgia Department of Early Care and Learning is excited to announce a new program to support wellness policies in child care centers in Georgia.

What is a wellness policy?

A wellness policy is a written plan that encourages a healthy environment, where positive eating and physical activity habits are developed.

Why is this important for our children's health?

A healthy lifestyle is essential for the proper growth and development of young children. Good nutrition and regular physical activity support children's physical health, academic achievement and emotional well-being. One in three children are overweight or obese by their 5th birthday, and childhood obesity has been linked to chronic disease, impaired school function and psychosocial problems.

How will I benefit?

- **FUNDING!** Up to \$2000.00 per center to support your wellness policies
- **Technical assistance:** phone, email and in-person help to implement your policies
- **Training:** free training worth approved hours
- **Marketing:** a colorful poster that displays your wellness policies will be provided
- **Resources:** Free music and movement CDs, recipes, menus, lesson plans, and more!

How do I sign up?

The request for applications is due **October 21st, 2011** and is available at <http://dec.al.ga.gov/Nutrition/NutritionServicesMain.aspx>.

For more information about this project, please contact Monica Fink, Nutrition Education Manager, at (404)463-4093 or monica.fink@dec.al.ga.gov.

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